



## ***Student Challenges***

CAREGIVER #1:

Once my son actually started going to college, my job wasn't done.

CAREGIVER #2:

She needed help adjusting to such a different lifestyle.

CAREGIVER #4:

Sometimes he just wanted to give up.

CAREGIVER #3:

She wasn't used to being so independent.

CAREGIVER #2:

He was having trouble making new friends.

CAREGIVER #5:

He said he felt like he was turning his back on his tribe by being away for so long.

CAREGIVER #3:

But with that same encouragement I've been giving since she applied...

CAREGIVER #1:

...we got through it.

CAREGIVER #4:

I encouraged him to go to class every day.

CAREGIVER #3:

And pretty soon...

CAREGIVER #2:

She made some great friends.

CAREGIVER #3:

...and now she's glad she never gave up.

NARRATOR:

When your child starts the journey into college, at times they may feel a little lost, lonesome or confused. It is natural to feel caught between two worlds - where the potential of what college could bring clashes with the comfort of home. There may be times that your child simply wants to quit.

With your help, your child can adjust to college. Here are some things to try: First, remind them of the value of their journey they are on and that initial sacrifices or hardships will lead to a better way. Encourage them to keep going to class, and that they have an entire community supporting them. With a college

education comes many opportunities.

If they need help with their studies, encourage them to seek out on-campus tutoring services. If your child is in a whole new school setting, build their confidence by encouraging them to practice good social skills. Encourage them to take a chance on introducing themselves or starting a conversation with someone new. They can join a culturally diverse group on campus or call the Indian cultural center to help them feel more comfortable in their new environment.

Remind your child that college is a great way to expand and embrace the person they were created to be.

#### Find a College

[ndus.edu](http://ndus.edu)

[nd-can.com](http://nd-can.com)

[aihec.org](http://aihec.org)

[college.gov](http://college.gov)

#### Pay for College

[fafsa.gov](http://fafsa.gov)

[nd-can.com](http://nd-can.com)

[studentaid.ed.gov](http://studentaid.ed.gov)

#### Prepare for College

[nd-can.com](http://nd-can.com)

[actstudent.org](http://actstudent.org)

[collegeboard.org](http://collegeboard.org)

For more information, call 1.800.554.2717.

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